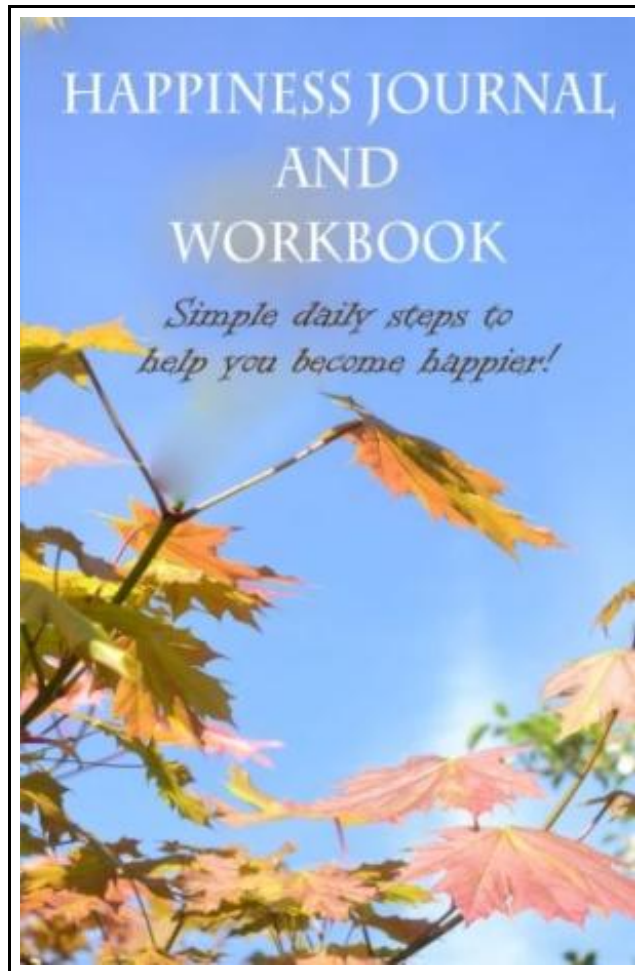# Happiness Workbook and Journal: Simple Daily Steps to Help You Become Happier (Paperback)

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Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

HAPPINESS WORKBOOK AND JOURNAL: SIMPLE DAILY STEPS TO HELP YOU BECOME HAPPIER (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Workbook. Language: English . Brand New Book ***** Print on Demand *****. Simple steps to happiness: This is a workbook in which to track 5 things you can do each day which will improve your happiness. These 5 things are proven by scientific research to make your brain more positive. 1) Write down three new things you are grateful for each day. You will establish a habit of seeing the world in a positive rather than a negative light. 2) Exercise every day. It is proven that aerobic exercise lifts mood as well as and increasing the brain s ability to grow and learn new habits. 3) Mindfulness meditation. Allow yourself 10 minutes to just sit still. This allows your brain to slow down and focus on one task at a time. 4) Perform one random act of kindness every day. 5) Journalling. Writing, briefly, about one positive experience you have had in the last 24 hours allows your brain to relive it. Give it a try - you will feel better for it!.

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